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required July 1



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Member wants skateboard policy outlined

Q: My teenage son and his friends are skateboarders who feel they’re being unjustly treated by the security forces.

They have received conflicting information concerning whether or not they are allowed to skateboard on base, or where they are allowed to skateboard on base.

The base’s outside skate park has been locked for almost a year now, so it’s not available for them to use. Arctic Oasis recently shut the indoor park due to the renovations being done. This leaves no place for these boys to skate except parking lots, sidewalks (to or from their destinations) and in housing area cul-de-sacs.

As I said, they are receiving conflicting information on the legality of this activity. They have been told at different times they can’t skate anywhere on base because the base provides the skate parks; they can skate but only in housing areas; they can skate anywhere but they must be wearing helmets; or that there is no actual policy concerning skateboarding on base, but it is generally not tolerated.

They are good teenagers who are not causing problems, or out doing drugs, drinking or being vandals. They only wish to skate, such as one would ride a bike or rollerblade for a hobby, interest or exercise.

My son told me that as he and five other young men were skating in the parking lot of the old bank building, across from the People Center, they were harassed by two security forces members. The security forces members came from each side of the boys and said it was the boys’ lucky day, because they were going to give them 45 seconds to get out of their sight or they would be arresting them. They also said that if they caught the boys skating again, their families would be kicked off base, out of base housing and the boys themselves would lose all privileges until they were 18.

Being young and scared, the boys did as they were told (they have always politely complied when asked to not skate someplace) and did not think to get the security forces members’ names. However, the boys did note that they were both senior airmen, and thought they walked from the security forces shop across the street, as they were not in cars.

I feel this was completely unnecessary and unprofessional behavior. All the boys involved were upset and scared that they would become the cause of their parents being kicked off base.

This situation needs to be clearly outlined and ad-

ressed, so there is one set of rules and no conflicting information. Personally, I do not see the problem with the boys just skating as long as they have their helmets and are respectful of pedestrians, vehicles and property, and follow the same rules that would govern bikers or rollerbladers.

A: Thank you for allowing me to address the issue of skateboards on Elmendorf.

I want our family members to enjoy a variety of activities, including skateboarding, but I want to ensure they do so in the safest manner possible.

Accordingly, Wing Instructions 31-203, Base Traffic Code, and 91-202, Safety, specify certain requirements for skateboarding and other activities. Skateboards or other coaster wheeled conveyances cannot be operated on roadways (to include parking lots) or on the sidewalk of the Joint Military Mall or Commissary. Ramps or jumps for skateboard, bicycles, or coaster-wheeled conveyances cannot be used on roadways.

Additionally, anyone who rides bicycles, skateboards, roller skates, or ice skates must wear an American National Standards Institute or Snell Helmet. Finally, skateboards should not be operated in a manner that interferes with traffic or pedestrians as this creates an unsafe condition.

Also, in addition to skateboarding, no one is allowed to play baseball,

street hockey, football, soccer, kickball, or any recreational sport on roadways. In the interest of safety, I have asked security forces members to enforce these requirements as well as stop anyone they observe committing unsafe acts. Security forces members most frequently respond to incidents when facility owners or other complainants request intervention concerning individuals performing unsafe acts.

As your question pointed out, we’ve had to simultaneously close both our indoor and outdoor skateboard facilities because of project renovations.

The indoor park at the Arctic Oasis will open soon; however, the outdoor park will be permanently displaced by our Fitness Center expansion.

We are trying to find a new home for the outdoor park, likely in the area of Paxton Park or adjacent to a housing area. Funding is tight, so we’re looking for the quickest, most economical solution.

I encourage all of our Airmen and family members to take part in physical activity, but I ask your help to ensure that we all do so in the safest manner possible.

Rules for Skateboarding

Wing Instructions 31-203, Base Traffic Code, and 91-202, Safety, specify certain requirements for skateboarding and other activities.

Skateboards or other coaster wheeled conveyances cannot be operated on roadways (to include parking lots) or on the sidewalk of the Joint Military Mall or Commissary. Ramps or jumps for skateboard, bicycles, or coaster-wheeled conveyances can’t be used on roadways.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC
552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC
552-4304



Airman Valarie Fye, 12th Fighter Squadron, showed initiative upon being assigned to the 12th FS. During the squadron change of command the day after she arrived, Airman Fye volunteered for everything from escorting distinguished visitors, to cleaning the office and conference room and presenting the Meritorious Service Medal. Airman Fye’s professionalism is proven each day and will be a great addition to the 12th FS family.

Tech. Sgt. Michael Boy, 3rd Logistics Readiness Squadron, directed a team of escorts handling the monitoring of foreign personnel activities and provided updates to wing leadership on mission details during the recent Open Skies Treaty Passive Missions over Alaskan airspace. In addition, he coordinated with 27 on-base and off-base agencies, ensuring mission accomplishment with zero take-off delays. His support garnered praise from both U.S. and Russian mission commanders during out-briefings.

Staff Sgt. Andrew Medford, 19th Fighter Squadron, spearheaded the beddown of VFA-41 aircrew survival equipment personnel and 38 sets of flying gear in preparation for Northern Edge. He enabled a smooth transition for the F-18 squadron saving them countless man-hours. Sergeant Medford also led the 19th FS Life Support Shop during a leadership transition. His continuity, tenacity, and leadership ensured a seamless conversion.

Senior Airman Orlando Torres, 3rd Component Maintenance Squadron, dispatched from the Avionics Intermediate Shop to assist 19 aircraft maintenance units replace a damaged Band-3 amplifier handle. His actions saved \$66,000 in repair costs, and eliminated 12 hours of in-shop testing. He also performed a depot-level repair of the electronic warfare test station cooling module. His technical prowess restored the test station to full, mission capable status.

Sourdough Sentinel

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Alaska Moment in History

June 22, 1955:

Two Russian MIG-15 pilots shot down a Navy P2V Neptune over the Bering Sea near St. Lawrence Island. The reconnaissance crew managed to crash land on the island where they were rescued by local Eskimos. The Russians later agreed to pay compensation for the accidental shoot down.



Elmendorf Public Affairs NCO selected for AFIT

By Capt. Kelley Jeter
3rd Wing Public Affairs

A non-commissioned officer from Elmendorf was recently selected to attend the Air Force Institute of Technology in Wright-Patterson AFB, Ohio.

Tech. Sgt. Michael Edwards, 3rd Wing Public Affairs NCOIC of Community Relations, was one of just eight enlisted members chosen to begin the 18-month in-residence program this fall.

He was also the first enlisted person from his career field to have ever been selected.

“This is a pretty competitive program, especially on the enlisted side,” said Sergeant Edwards. “I’m both honored and excited to have been chosen to attend. It’ll take a lot of hard work, but in the end it will be worth it.”

After he PCSs in August, he will enroll in the Graduate School of Engineering and Management to study Information Resource Management.

“Right now, our career field and the Air Force are going through some dramatic and exciting changes. This is an opportunity to be at the forefront of those changes,” he said. “The knowledge and skills I’ll gain while at AFIT will provide me with the tools necessary to help my career field and the Air Force transition into an even more powerful and effective fighting force.”

AFIT is a school which awards both Master’s and Doctoral degrees, primarily to Air Force officers, but also to selected civilians, officers from other branches of the service and a handful of enlisted Airmen.

According to the AFIT website, candidates for the program must meet strict academic eligibility, receive the wing commander’s recommendation and submit their completed package for review by a board. Once the board makes their selection, the candidates are notified.

“Enlisted members first began attending AFIT in August of 2002,” said Ms. Cherry Anderson, AFIT Chief of the Admissions Division. “Each year, we welcome the opportunity to add selected Air Force enlisted members to our student body, recognizing them as a valued asset to our diverse student population.”

While Sergeant Edwards says he is proud to have made the cut in a very selective process, he is even more excited for the opportunities this training will provide.

“As the Air Force looks to more effectively communicate, we are focusing on strategic planning for engagements with media, the public and even international audiences – that means being able to assess our targets (audience), and to ensure we are using the right weapons (products and messages) at the right time,” he said. “To do this, we need to build both officer and enlisted communicators with even greater skill sets than we have today and AFIT will help us do that.”

Sergeant Edwards said he had been working on getting his bachelor’s degree for years, but it was only recently he really focused his efforts.

“My educational background covered a wide spectrum. Like a lot of people in the Air Force, I had accumulated a lot of credits from a lot of different sources,” he said. “It



PHOTO BY AIRMAN JONATHAN STEFFEN

Tech. Sgt. Michael Edwards, 3rd Wing Public Affairs, receives a plaque from Brig. Gen. Hawk Carlisle. The plaque recognizes Sergeant Edwards as the Pacific Air Forces Print Journalist of the Year. Sergeant Edwards was also recently selected to be one of eight enlisted Airmen to attend the Air Force Institute of Technology at Wright-Patterson Air Force Base, Ohio.

was after meeting my wife who was finishing her master’s degree that I realized I also needed to take a more serious look at my education.”

Less than two months later, Sergeant Edwards had finished his CCAF degree in Public Affairs and continued studying to earn the 63 additional credits he needed to complete a Bachelor’s of Science Degree in Finance. This took him less than

a year and a half – completing the final 12 credits during his recent deployment by taking CLEP tests and online classes.

“It does take some effort, sometimes a lot of effort,” he said. “I really encourage everyone who has not done so, to finish their degree as soon as possible. It can open doors to new possibilities you may not even know existed.”

Arctic Warrior Olympics

- Opening Ceremony** - 7 - 7: 30 a.m.
- Golf** - 6 a.m. - 12:30 p.m., Eaglelegnn Golf Course
- Softball** - 7 a.m. - 12:30 p.m., Softball Field #1
- In-Line Hockey** - 8 a.m. - 12:30 p.m., Aurora Elementary
- 5K Run** - 7:30 - 8:30 a.m., Paxton Park
- Road Bike** - 8 - 11 a.m., Hillberg Ski Area
- Paintball** - 8 a.m. - 12:30 p.m., The Bluff
- MTB/ Adventure Racing** - 8 a.m. - 12:30 p.m., Hillberg Ski Area
- Volleyball** - 8 - 11 a.m., Paxton Park, East Field
- Dodgeball** - 8 - 10 a.m., Temporary Fitness Center
- Joust** - 8 - 10:30 a.m., Paxton Park, East Field
- Archery** - 8:30 a.m. - 12:30 p.m., Bowman’s Club
- Bowling** - 8:30 - 11:30 a.m., Polar Bowl
- Children’s Events** - 9 a.m. - 12:30 p.m., Paxton Park
- Benchpress** - 9 - 11:30 a.m., Temporary Fitness Center
- Canoe Race** - 9 a.m. - noon, Six-Mile Lake
- Push-up/ Sit-up competition** - 9 - 11 a.m., Temporary Fitness Center
- Fire Truck Pull** - 9:30 a.m. to 12:30 p.m., Paxton Park, Doolittle Avenue
- Basketball** - 9:30 a.m. - 12:30 p.m., Paxton Park
- Softball Throw** - 10:30 a.m. - 12:30 p.m., Paxton Park
- Shot Put** - 10:30 a.m. - 12:30 p.m., Paxton Park
- Home Run Derby** - 11 a.m. - 12:30 p.m., Paxton Park, Softball Field #2
- Punt, Pass, Kick** - 11 a.m. - 12:30 p.m., Paxton Park
- Tug-O-War** - 11:30 a.m. - 12:30 p.m., Paxton Park, East
- Chiefs vs. Eagles Softball** - 2 p.m. - 3 p.m., Paxton Park
- Chamber of Commerce Picnic** - 11 a.m. - 2 p.m., Paxton Park
- Award Ceremony** - 1 p.m. - 2 p.m., Paxton Park

All events take place June 29



Anchorage Military Appreciation Events

- Monday - noon, Military Appreciation Luncheon, The Hotel Captain Cook
- Tuesday - 9 a.m. - 5 p.m., 7:30 - 9 p.m., free skating with military I.D. Dimond Ice Chalet, Dimond Center
- Wednesday - 10 a.m. - 9 p.m., free bowling with military I.D. (excludes shoe rental), Dimond Bowl, Dimond Center
- Thursday - 11 a.m. - 2 p.m., Military Appreciation Picnics, Buckner Physical Fitness Center, Ft. Richardson; Paxton Park, Elmendorf
- July 1 - 7 p.m., free admission to Anchorage Bucs Baseball with military I.D. R.S.V.P. required, call 552-9622

All events are sponsored by the Anchorage Chamber of Commerce

Have you joined the Air Force?

By Tech. Sgt. David Wolfe
3rd Mission Support Squadron

Every servicemember has been through the same ritual at the Military Entrance Processing Station. For most, it was a time of many emotions – fear, apprehension, and hope of a new and better life.

A critical part of that experience was The Oath of Enlistment, where each of us swore to support and defend our constitution, do what we were told, and defend our country against all enemies, foreign and domestic. This was that moment where one’s self was given willingly to a cause greater than that of the individual. The time where, knowingly or unknowingly, each individual made a conscious decision to place the needs of others above the desire for self-service.

For some, this moment came many years ago, for others only a few short days have passed.

This enlistment ritual serves a great purpose and is the first step down a long path. Some remain on the path, taking short breaks, but always remembering what the ultimate prize will be at the end of the journey. Others go astray, leaning on old habits and ways of business not consistent with that oath.

At some point, after deciphering acronyms, working longer than expected hours of their civilian counterparts, watching examples of right and wrong ways of doing things, each Airman must decide – do I join the Air Force, or not?

But wait, you already joined at MEPS, right?

No, you enlisted. Joining the Air Force and raising your right hand, repeating an

oath to a complete stranger, are two very different acts.

Joining the Air Force means making a more spiritual commitment to our profession of arms.

It means taking those words in our Core Values seriously by following through on your obligations to your fellow Airmen.

Joining the Air Force is a moment, some might call the divine “a-ha” moment, when things start to come together in a more clear picture. This moment can happen all at once, or build over time. It’s the moment when this life becomes just that – a lifestyle – rather than just a job.

Joining the greatest fighting force on the face of the planet requires action. You must take action when you see something requiring attention.

There are people walking around our military who have many years of service, but have not yet joined. Or, maybe they did join at one time, and then fell into a rut from which they have not yet decided to remove themselves.

Some young Airmen decide from a very early stage. I suggest visiting Master Sgt. Phil Wilson at the First Term Airmen Center sometime. He will show you some brand new troops who have joined.

Looking back at my 14-year career, never did I realize that my first enlistment was just a step on my way to joining the Air Force. So my question is, “How long after your first enlistment did you join the Air Force?”

Becoming a member of this Air Force is a decision. A decision that should be made with a pure heart and clear intent.

What have you decided? I hope you’ll join. Your country needs you.

AFPC makes SRB changes

Air Force officials announced changes to the selective re-enlistment bonus program.

A message from Headquarters Air Force, dated May 24, indicated changes to the program for 14 Air Force Specialty Codes. Those changes follow a thorough review of the SRB program, and are part of the Air Force’s ongoing force-shaping effort, the message said.

Changes were made to the following selective re-enlistment bonuses:

Added, effective June 1:

- 1C6X1, Zone A, 2.0 (space systems operations)
- 1N2X1, Zone A, 2.0 (communications signals intelligence production)
- 3E9X1, Zone A,1.5; Zone B, 1.0; Zone C, 1.0 (readiness)
- 3P0X1A/B, Zone A, 2.0 (security forces)
- 4J0X2, Zone A, 1.0 (physical medicine)

Reduced, effective July 1:

- 1A2X1, Zone A, 2.5 (loadmaster)
- 1A3X1, Zone A, 3.5 (airborne communications and electronic systems)
- 1A4X1, Zone A, 2.0; Zone B, 2.0 (airborne battle management)
- 1C5X1D, Zone A, 3.0 (aerospace control and warning systems)
- 1N3X2A, Zone A, 4.5; Zone B, 4.0 (romance cryptologic linguist)
- 1N3X3A/D, Zone A, 4.5; Zone B, 4.0 (Slavic cryptologic linguist)
- 1W0X1, Zone B,1.0 (weather)
- 9L0X0, Zone B, 5.0 (interpreter/translator)

Removed, effective July 1:

- 2E2X1, All (communication, network, switching and crypto systems)

For more information on the SRB changes, contact the military personnel flight re-enlistment office at 552-4465 or visit the Air Force Personnel Center Web site at *www.afpc.randolph.af.mil*.

(Courtesy of Air Force Print News)

Construction updates: housing ahead of schedule, nearly complete

By **Jeff Kreofsky**
3rd Civil Engineer Squadron

The long awaited transition is upon us with summer rapidly approaching.

This past winter saw non-stop construction in the privatized housing areas, which will continue at a furious pace throughout the summer.

By the time snow flies this fall the Phase II construction project will be nearly complete. By December of this year Aurora will close out the Phase II privatized housing effort; one full year ahead of schedule.

Moose Crossing

Throughout winter, units were being built in Moose Crossing en masse with 516 of 590 units being completed. Unfortunately, all units turned over during the winter may have a bumper crop of “Alaska Tulips” or debris left behind from the construction process. Tenants are reminded to contact Aurora Military Housing 753-1023, 552-1024 or 552-1051 for removal of construction debris.

Another topic of interest is that nearly all of the units built this winter were hydro-seeded prior to snowfall with a winter-mix of grass. People should be seeing sprouts of green by now, but it could take several months before the lawns are fully established. Because of this, residents are asked not to use any fertilizer, insecticides, or herbicides that are not approved for use by Aurora on these

lawns. Crews are working to place topsoil and complete the landscaping on units that were completed before winter

Expect to see continued construction in the areas of Moose Crossing.

For those interested, the Moose Crossing display unit is still open, so if you are new to the base and would like to see what Privatized Housing offers please contact Aurora at 753-1023.

In addition to the Moose Crossing completion, the Grady Highway connection to Fort Richardson via the new Ship Creek Bridge is in the works. The contractor for this portion of the project has resumed construction and is scheduled for completion on July 11.

New Houston

The New Houston Housing area (near Government Hill Gate) has seen similar progress this winter. Construction of all 36 buildings is underway and will comprise a total of 144 units when completed. Of those 144 units 36 are a four-bedroom design and the remainder are the two-bedroom enhanced designed used in the Moose Crossing development. The Houston units are scheduled to be turned over in three groups. The first group, North Houston, consisting of the 44 units north of Arctic Warrior Drive will be turned over June 30 or sooner. South Houston, 72 units south of Bullard, will be occupied by mid to late July

and finally West Houston, 28 units on the newly created Armstrong Circle, should be fully occupied by mid August. In conjunction with the completed construction at New Houston, the Government Hill Gate is scheduled to re-open July1.

New Denver Housing

The first officer housing construction effort began last fall with the demolition of Denver housing. The site remained dormant through the winter and has seen renewed activity as work has begun on the ten duplex field grade/company grade homes and eight senior officer’s quarters.

During this work Luke Avenue will be closed from 17th to 16th Street. Work in the New Denver area is scheduled to progress quickly with the Senior Officers’ Quarters ready for turnover on Oct. 1, followed by the CGO two-bedroom enhanced duplex units Nov. 1. This “New” Denver area will include a central recreation area featuring a playground and basketball court.

The senior officers’ quarters in the Dayton area will also receive a significant beautification effort in the form of a whole-house renovation. All of the windows will be replaced with high-efficiency vinyl units.

The homes will be completely gutted (excluding the garage) and have asbestos abatement performed. The master bedrooms will undergo a transformation which expands their size from 192 to 310 square feet, and

the bathrooms are similarly enlarged from 45 to 67 square feet. The kitchen will have a new layout with new cabinets and fixtures. A bedroom will be added in the basement to replace the one consumed by the master bedroom expansion. Finally, the interior will sport new sheetrock, carpet, paint and trim throughout.

These units will also have expanded garages; however, these garages will be constructed while the units are occupied. This will mean that for a period of up to a month the tenants in these units should expect to have limited access to their driveways and garages. Tenants are asked to begin planning for an alternate storage location for the items currently stored in their garage. Aurora Housing is currently reviewing a plan to provide storage sheds to those residents affected by the renovation.

Construction is not the only thing happening this summer.

The Seattle area originally constructed in 1948 will be demolished creating a greenbelt that will stretch from Chapel 2 all the way to the Boise Temporary Living Facilities buildings. The removal of these units and subsequent replacement with state-of-the art housing represents a quantum leap in housing quality available to the Airmen at Elmendorf.

If anyone has questions or comments concerning the Phase II project they are urged to call the Housing Office, Construction Section at 552-2581.



Military Appreciation Picnics

The Anchorage Chamber of Commerce is having its annual Military Appreciation Picnics from 11 a.m. - 2 p.m. Thursday. The Elmendorf picnic is at Paxton Park. The Ft. Richardson picnic is at Buckner Physical Fitness Center.

All members and their families are invited.

Government Hill Gate

The Government Hill Gate re-opens July 1. It will be open 6 a.m. to 10 p.m. daily.

Muldoon Gate

Due to construction, the Muldoon Gate is scheduled to close July 10-Aug. 3.

For more information, call Airman 1st Class Carlos Lopez at 552-4011 or Hazim Yunis at 552-3079.

Grady Highway

The Grady Highway connection between Elmendorf and Ft. Richardson is nearly complete. It's scheduled to open July 10. Until that date, people are reminded that it is a construction site and, closed to all vehicle and pedestrian use.

Road closure

■ Due to housing construction in the New Denver development, Luke and McCloud Avenues, near Mt. Spurr Elementary, are closed between 16th and 17th Streets until

November.

For more details, call Dan Eckert at 552-2466.

Change of command

The 3rd Component Maintenance Squadron change of command ceremony begins at 9:30 a.m. July 6 at the propulsion flight at 8549 Sijan Ave. Lt. Col. Randolph Smith will relinquish command to Maj. Jeffrey King.

For more information, call Capt. Dyann Schilling at 552-3713.

Education fair

An Education Fair takes place 10 a.m.-2 p.m. July 13 in Bldg. 4109. Field representatives will be available to discuss online tuition assistance and financial aid.

For more information, call 552-3292.

VA Wheelchair Games volunteer training

Training is now in session for volunteers of the 26th National Veterans Wheelchair Games, which take place in Anchorage, July 3-8.

Volunteers can register for the session by e-mailing Leanne Rowley at leanne@alaskadestinations.com.

Volunteers needed

Arctic Thunder 2006, Elmendorf's air show and open house, is Aug. 12-13.

The air show team is seeking volunteers for various tasks. People

interested in helping should call 552-5324 or 552-5414, or e-mail 2nd Lt. Joseph Douglass at joseph.douglass@elmendorf.af.mil or Senior Master Sgt. Richard Lister at richard.lister@elmendorf.af.mil.

For more details about the event, call 552-SHOW (7469).

Suicide prevention

A suicide prevention briefing begins at 3 p.m. Wednesday at the Talkeetna Theater on base.

TLA procedures

When a member is PCSing, they are entitled up to five nights of Temporary Lodging Allowance. Departure TLA claims are limited to the applicable number of days immediately before leaving and claims must be filed before departing.

To submit a TLA claim, members must pay their lodging bill in full and may submit it through the housing office 72 hours before departing.

Members must ensure all claims include an Air Force Form 1357, Request for Temporary Lodging Allowance, a nonavailability statement for lodging, if applicable, three copies of PCS orders, and the paid lodging or hotel receipts with the name of the lodging facility or hotel, daily rate, member's name, and inclusive dates for the period being claimed.

To pay for the lodging or hotel, use the government travel card. If

you do not have one, contact your unit representative to obtain one immediately.

The housing office is located at 6346 Arctic Warrior Dr. The customer service hours are weekdays, except holidays, 9 a.m.-4:30 p.m.

For questions or concerns, call one of these numbers and a housing management assistant will assist you, 552-4206, 552-4439, 552-4374, 552-2599 or 552-4328.

Club scholarships

Family members of current Air Force club members are eligible for \$25,000 worth of scholarships.

Applicants must submit an essay of 500 words or less on the topic “Proud to be an American.” Submissions are due to the 3rd Services Squadron commander by July 14.

Applications can be picked up at the clubs or online at www.afsv.af.mil/clubs.

For more information, call 552-3131.

Spouse TA

The dates to apply for Spouse Tuition Assistance for classes beginning in August and September are July 26-Aug. 9.

For more information, call the Education Center at 552-3164.

Community Assessment Survey

The Integrated Delivery System Working Group is sponsoring the 2006 Community Assessment Survey of servicemembers, spouses,

reservists, and reserve spouses.

The survey is open to all military spouses, while active-duty participants must have an invitation.

A notification letter that includes a link to the Web-based survey will be sent to the work e-mail address of each active-duty member selected to participate. Participation is crucial to the success of the project; selected servicemembers are strongly urged to take part.

Military spouses wishing to participate have until today to access the survey at www.spouseAFCAsurvey.com until today.

SNCO Induction Ceremony

The SNCO Induction ceremony for newly selected master sergeants takes place Sept. 8 at the Anchorage Hilton. The fifth Chief Master Sergeant of the Air Force Robert Gaylor is the speaker. The meal costs \$35 and includes a choice of Alaskan halibut or roast beef.

R.S.V.P. by Aug. 11 by e-mailing sncoi.2006@elmendorf.af.mil.

For more information, call Tech. Sgt. Shannon Moore at 552-7088.

Closure

The Aurora Military Housing Office is closed July 3 and 4 in honor of Independence Day.

It opens at 8 a.m. July 5. For more information, call 753-1023.

Home buying seminar

A home buying seminar begins at 1 p.m. July 10 at the housing office,

6346 Arctic Warrior Dr. The class lasts two to three hours. Seating is limited. Call 552-4328 for reservations.

Concert scheduled

Ersonic is in concert 7 p.m. July 14 at The Cave located in the Susitna Club. Ersonic features Dick Jonas and Irv LeVine singing ballads about flyin’ and fightin’ along with traditional country, folk and western tunes.

Tickets are available at the Susitna Club for \$5 Member First price and \$7 regular price.

For more information, call Shyrel Mason, club manager, at 552-4398.

Victim advocate training available

Military members or civilians who can provide emotional support to sexual assault victims in the Elmendorf community are needed as victim advocates.

The next free VA training is July 17-21. VAs will receive instruction on the psychological trauma, victim sensitivity, healing from trauma, offender dynamics and helping skills. People who are selected as VAs will be given an Air Force VA training certificate.

For more details or to sign up, call the SARC Office at 551-2033.

Loaner furniture

Long-term loaner furniture is available for accompanied and unaccompanied staff sergeants and below

authorized to live off base.

This furniture is limited and issued on a first-come, first-serve basis. The furniture may be used for the duration of the member’s tour. However, they must pick-up and return these items.

Airmen interested in borrowing the furniture should bring their address and one copy of their orders 9 a.m.-4:30 p.m. weekdays to the housing office at 6346 Arctic Warrior Dr. For more information, call 552-4439 or 552-2599.

New INFOCON Levels

INFOCONs are now numeric-based (5 to 1) instead of alpha-based (Normal to DELTA). INFOCON 5 = INFOCON Normal INFOCON 4 = INFOCON ALPHA INFOCON 3 = INFOCON BRAVO INFOCON 2 = INFOCON CHARLIE INFOCON 1 = INFOCON DELTA

Along with this change in naming convention, the United States Strategic Command commander has also implemented INFOCON 5. We are now in INFOCON 5 (Normal).

The 3rd Wing Information Assurance Office is awaiting further guidance from PACAF on implementation of the new system. Currently, there will be no change in operations, network access, or impact to users. Any questions should be directed to unit ISSOs who have been briefed on the change.

The new INFOCON signs are available on our Sharepoint site. Please print out and post the Real World signs.

Senior Airman Charleen Wilburn

Organization and duty title: 3rd Services Squadron commander’s support staff
Hometown: Harlem, N. Y.
Hobbies: Spending time with family
Mission Contributions: Responsible for all orderly room functions. Provides support to 72 military and 620 civilian personnel.
Time at Elmendorf: Two years
Time in Air Force: Six years
Best part about being in Alaska: Enjoying the beautiful scenery
Quote from supervisor: “Airman Wilburn has taken the 3rd Services Squadron to the front of the line. Her customer service and dedication to the 3rd Services Squadron has given new meaning and breath to our unit.” Master Sgt. William Easter



PHOTO BY AIRMAN 1ST CLASS DE-JUAN HALEY/ PHOTO ILLUSTRATION BY STAFF SGT. FRANCESCA POPP



PHOTO BY STAFF SGT. ALAN PORT

Staff Sgt. Yolanda Julin

Organization and duty title: 90th Fighter Squadron NCOIC commander support staff
Hometown: Fort Pierce, Fla.
Hobbies: Listening to music, and spending time with family and friends
Mission contributions: Provides direct support to the unit and is responsible for administering personnel programs.
Time at Elmendorf: Two years, six months
Time in the Air Force: 10 years
Best part about being in Alaska: The mountains
Quote from supervisor: “Sergeant Julin has a daunting job keeping track of all the personnel actions for 70 Aircrew and 19 enlisted in the 90th. She always gives her very best to ensure our careers are in order.” Tech. Sgt. Michael Jackson

Elmendorf nonjudicial punishments

Article 15s:

An airman first class from the 3rd Security Forces Squadron obstructed justice by destroying evidence at a crime; specifically, by flushing marijuana down a toilet. His punishment was a reduction to airman with a suspended reduction to airman basic, suspended forfeiture of \$636 pay for two months, and 45 days extra duty.

An airman first class from the 3rd Equipment Maintenance Squadron wrongfully used marijuana.

His punishment was a reduction to airman with a suspended reduction to airman basic, suspended forfeiture of \$636 pay for two months, and 45 days extra duty.

An airman first class from the 3rd EMS received a vacation action for failing to go to his appointed place of duty for mandatory extra duty. A vacation action imposes a suspended punishment that had been adjudged by a previous Article 15.

In this case his punishment was a reduction to airman.

Discharges:

An airman with the 3rd Aircraft Maintenance Squadron was administratively

discharged for pattern of misconduct. The member's misconduct included a Summary Court-Martial conviction for committing an indecent act with a minor, two Letters of Reprimand for driving a vehicle while under the influence of alcohol downtown, showing up to a medical appointment with a BAC of 0.05 and then lying to the physician about when he last drank alcohol and one Letter of Counseling for failure to go to his M-16 training. He was convicted by the Municipality of Anchorage for his DUI with an adjudged sentence of \$4,350 in fines, suspended driver's license for 90 days and has spent three days in jail. The member's misconduct resulted in a General Discharge. An airman first class with the 3rd AMXS was administratively discharged for pattern of misconduct. The member's misconduct included wrongfully possessing and using a schedule II controlled substance (Hydrocodone) and forging prescriptions. His other misconduct consisted of being late to work, failure to progress in his Career Development Courses, failure to pay his

Military Star card and making false official statements. The member's misconduct resulted in a General Discharge. An airman basic with the 3rd AMXS was administratively discharged for pattern of misconduct. The member's misconduct included three Article 15s, four Letters of Reprimand and two Letters of Counseling. His offenses included disobeying two driving suspension orders, driving recklessly without proof of insurance or vehicle registration, failing to go to work or assignments on several occasions, being disrespectful to an NCO, failing to properly inventory his tool kits on two occasions, giving a false official statement and failing to shave before going to work. The member's misconduct resulted in a General Discharge. A senior airman with the 3rd AMXS was administratively discharged for failure in the Fitness Program. The member failed his fitness test five consecutive times. The member's failure resulted in an Honorable Discharge. *(Courtesy of the 3rd Wing Legal Office)*



PHOTO BY STAFF SGT. ALAN PORT

Airmen's Ball

Senior Airman Sabriena McAllister, 703rd Aircraft Maintenance Squadron, gets a wrist band from Senior Airman Monique Barnes, 3rd Logistics Readiness Squadron as part of the check-in process for the Airmen's Ball Saturday. Senior Airman Jacob Jordan, 962nd Airborne Air Control Squadron looks on. The Airmen's Ball was held for all Airmen E-1 through E-4 and their guests. It was sponsored by Airmen Committed to Excellence.

Elmendorf amateur radio alive and well

By Senior Airman Jared Marquis
3rd Wing Public Affairs

In the spirit of National Radio Week, the Sourdough Sentinel is highlighting a little known organization on Elmendorf, the Elmendorf Amateur Radio Society, a private organization operating on base.

Founded in October 1996, the purpose of EARS is to “make positive contributions to morale on Elmendorf, Ft. Richardson and the surrounding communities,” said club president Ron Keech, 3rd Communications Squadron.

According to the EARS constitution, they do this by “sponsoring Amateur Radio-related activities and fellowship opportunities for military Amateur (HAM) Radio Operators, and providing an organized group or trained and equipped communicators available to federal, state and local agencies in the event of an emergency or disaster.”

Although their hobby can be used as a form of recreation, Amateur Radio Operators play an integral role in emergency response, as evidenced by Hurricane Katrina.

“If we had another earthquake in Alaska like the one in 1964, Hams would likely be the only communications that survives, because they are off the power grid. That’s because we operate autonomously, which means we don’t depend on a government entity for power,” he said.

The way it works, he explained, is that should something catastrophic happen, like an earthquake or other natural disaster, the chance of power lines being taken

out are very likely. Since most types of communication, including cell phones, depend on those land lines or towers to operate, if the lines go down, so does regular communications. Operating on radio frequencies, generators and backup batteries, the amateur operators would still be able to communicate.

Mr. Keech said this was the primary form of communication in the aftermath of hurricane Katrina.

“When Katrina hit, New Orleans and the gulf coast found that their infrastructure failed because it was all based on terrestrial connections. They had no power and critical communications hubs were suddenly under four feet of water. But ham operators operating within the area were able to communicate with rescue workers and government officials immediately following the devastation. Had it not been for them, there would have been a lot more casualties,” he said.

Since it was chartered, EARS has run into some obstacles, including a dwindling membership and equipment loss in the old building. However, they are in a new building and planning on increasing their membership.

The club welcomes anyone interested in Amateur Radio, and those who just want to learn more. Their next scheduled meeting is Saturday July 2 at their new building, which is located at Building 42-500, also known as R1 North or the Civil Air Patrol building. The club station phone number is 552-2664.

For more information, call Ron Keech at 552-9955, or Randy Weiss at 552-1559.



Top right: Elmendorf Amateur Radio Society President Ron Keech, an amateur HAM radio operator, along with other HAM members is an integral part of the emergency response system in Alaska.

Above: EARS members Doug Myers, Craig Bledsoe, and Ron Keech tune in on frequencies allowing them to reach out to people all across the globe.

Left: Amateur radio operators like Ruth Ann Bledsoe, Craig Bledsoe, Doug Myers and Ron Keech have the equipment and the knowledge of how to keep the lines of communication open in the event of a natural disaster.

Photos by Senior Airman Garrett Hothan

Metal tech shop maximizes value

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Airmen in the 3rd Equipment Maintenance Squadron's metals technology shop are maximizing value while minimizing waste by making what customers need from scratch.

On a daily basis, they can produce two-dimensional "parts" for just about any aircraft here.

"With our computer design software, we can design, manufacture and test metal components in a virtual environment before we even make the first cut on the machine," said Tech. Sgt. Brett Odom, 3rd EMS. "Once we have the design, we can go to work on the metal. Our abrasive water-jet cutter can slice through six inches of steel like a hot knife through butter."

The machine this 21-person shop uses to

make parts combines high-pressure water mixed with sand-like material and then forces it through a hole forty-thousandths of an inch wide, creating a force capable of cutting any material up to six inches thick.



This \$176,000 machine saved the Air Force more than \$346,000 when it manufactured one of its first items, an F-15 Eagle gun ballast. The ballast is used to replace the weight of the 20 mm cannon that is removed when the aircraft is flown to depot maintenance facilities.

This machine is important because "it allows aircraft parts to be mass-produced at a very low cost compared to conventional fabrication," said Senior Master Sgt. Toxie Robbins, the 3rd EMS fabrication flight superintendent. "It has reduced turnaround time on certain parts by as much as 90 percent."

Since the shop began using the cutting machine in 2003, Sergeant Robbins said there has

been no environmental impact, because there isn't any material waste or conventional waste streams such as coolants or oils.

Sergeant Robbins said the cutter is the technician's machine of choice regardless of task size.

"One or 100 parts, this machine saves time, tooling, employee hours (and more) through user-friendly interface and zero waste," he said.

Additionally, technicians said they look forward to making any part, because they have so many other tools at their disposal. They use welding equipment, a computer-controlled milling machine, plasma cutters, saws, grinders and more.

"With our computer-aided equipment, we are able to mass produce duplicate parts to within one ten-thousandth of an inch, every single time," Sergeant Odom said.

It is the precision of their tools and the creativity in their approach to problems that have led this team to creating innovative products.

"The 3rd Wing now can accomplish organically what previously has been outsourced," Sergeant Robbins said.

Editor's note: Tech. Sgt. Mike Edwards, 3rd Wing Public Affairs, contributed to this story.



The Omax 55100 JetMachining® Center combines high-pressure water mixed with sand-like material and then forces it through a hole forty-thousandths of an inch wide, creating a force capable of cutting any material up to six inches thick.



The 3rd Equipment Maintenance Squadron's Omax 55100 JetMachining® Center begins cutting the programmed tool.



A 3rd EMS Metals Technology Shop technician displays the finished product.



A 3rd EMS member clears off cutting fragments as the Omax 55100 finishes the cut.

Photos by Staff Sgt. Alan Port



Tech. Sgt. Albern Warren 3rd Equipment Maintenance Squadron, inputs data in to the Omax 55100 JetMachining® Center prior to operating the machine.

In text: In addition to the wrench pictured at right, the metals shop can make large items like this gun barrel ballast, made for the 12th Fighter Squadron.

Cover: Tech. Sgt. Albern Warren, 3rd Equipment Maintenance Squadron Metals Technology Shop, checks on the progress of the Omax 55100 JetMachining® Center during the cutting process.



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



Red, White and Blue Golf Tournament tee times 7-11 a.m. ☆ July 4

Sign-up early for this popular annual tournament. It is a unique, two-person team event that will test your skills. Show your patriotism by wearing red, white and blue.
Eagleglen Golf Course ☆ 552-3821



Private Pilot Ground School

Register Monday-June 30

The course takes place
6-9 p.m. Mondays and Wednesdays
July 10-Aug. 30
\$350 plus \$255 course kit

Elmendorf Aero Club

Hangar 7, Bldg. 10286
753-4167
8 a.m.-5 p.m.
weekdays
www.elmendorfservices.com



Bike Trips with Outdoor Recreation

Palmer to Buffalo Mine Road - July 1
This road bike ride departs at 9 a.m.
\$10 plus bike rental if needed

Indian to Girdwood - July 8
This ride departs at 10 a.m.
\$5 plus bike rental if needed

Bring your *Passport to Fun* to all the Customer Appreciation Celebration events this summer for your chance at over \$10,000 in giveaways!

Today

Reindeer and Musk Ox Farms
noon-6 p.m., \$12, Youth Center, 552-2266
Evening Hike 5-8 p.m., \$10, Outdoor Adventure Program, 552-2023
Bike Maintenance Clinic 4:30 p.m., \$5, Outdoor Recreation, 552-2023
RC DJ (The Rajun Cajun) 9 p.m.-3 a.m., adults only, Kashim Club, 753-6131
Basic Automotive Service Class 5 p.m., by appointment, \$20, Auto Hobby, 552-3473
Club Member Social Hour 5-6 p.m., adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

Saturday

Kid's Corner "Bug in a Box Painting"
1-3 p.m., ages 3-10, \$15, Arts & Crafts 552-7012 or 552-2478
Xtreme Bowling with a DJ 9 p.m.-1 a.m., \$18 per person including shoe rental, Polar Bowl, 552-4108
Midnight Sun Sale 6 p.m.-midnight, all merchandise 10 percent off, Eagleglen Pro Shop, 552-3821
DJ Karaoke 9 p.m., adults only, Kashim Lounge, 753-6131
Midnight Sun Golf Tournament 6 p.m. shotgun start, barbecue and awards ceremony at 10:30 p.m., \$60 per person plus green fees includes power golf cart, commemorative shirt and prizes. Bring your *Passport to Fun* to this Customer Appreciation Celebration event, Eagleglen Golf Course, 552-3821
ATV Day Trip 9 a.m.-6 p.m., \$100,

Outdoor Adventure Program, 552-2023

Indian to Girdwood Ride 10 a.m., \$5 plus bike rental, Outdoor Recreation, 552-2023

Sunday

Clam Gulch Clamming Trip 5 a.m.-5 p.m., \$35, Outdoor Adventure Program, 552-2023
Sunday Brunch 10:30 a.m.-1:30 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, Susitna Café, 753-3131
Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

Monday

Kenpo Karate 6-7 p.m. for ages 4-18 and 7-8 p.m. for adults, also Wednesday, \$30 per month, Arctic Oasis, 552-8529
Skateboard Camp 1-3 p.m. for beginners and 3-5 p.m. for advanced through June 30, ages 9-18, limit 40 participants, \$20, Youth Center, 552-2266

Tuesday

MusicGarten 9:30-10:05 a.m. for ages 3-5 and 10:15-10:45 a.m. for children 16 months to 3 1/2 years old, singing, dancing, moving, chanting, listening and playing simple instruments, \$30 per month, Arctic Oasis, 552-8529
Eagle River Rafting 5-7:30 p.m., \$30, Outdoor Adventure Program, 552-2023

Wednesday

Russian River Fishing Trip
6 a.m.-5 p.m., \$35 plus \$10 pole and boot rental from Equipment Rental, Outdoor Adventure Program, 552-2023
Beading "Working with Chain"
6:30-8:30 p.m., \$25 plus kit, Arts & Crafts, 552-7012 or 552-2478
Kayak Training 5-8 p.m., \$25, a prerequisite for kayak trips, Outdoor Adventure Program, 552-2023
Preschool Story Hour and Make It, Take It 10:30 a.m., ages 5 and under, Library, 552-3787

Thursday

Thursday Evening Mountain Bike Ride
5:30 p.m., \$5 bike rental from Equipment Rental if needed, Outdoor Recreation, 552-2023
Morning Coffee Conversation 10:30 a.m., book club for spouses of deployed military members, Arctic Oasis, 552-8529
Thursday Night Madness 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108
H2Oasis Trip 1-6 p.m., \$20, Teen Center, 552-2266
Eagle River Rafting 5-7:30 p.m., \$30, Outdoor Adventure Program, 552-2023

June 30

Downtown Walking Tour noon-5 p.m., bring lunch and spending money, Youth Center, 552-2266

Now Showing

Today 7 p.m. PG-13
Stick It

A 17 year-old, ex-gymnastics star with big family problems finds herself on the wrong side of the law after one-too many arrests. Forced back into the regimented world of gymnastics to clean up her act, she rediscovers her love of the sport.

Today 9:30 p.m. PG-13
United 93

The story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on September 11, 2001.

Saturday 7 p.m. PG
Hoot

When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops.

Sunday 6 p.m. R
Hoot

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 552-2344

It’s a bird, it’s a plane ...

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

ACROSS

- 1. B-2
- 7. TV screen, perhaps
- 10. Remain
- 14. E-3B
- 15. Internet service provider
- 16. State home to Wright-Patterson AFB
- 17. Satinlike cotton fabric
- 18. SEC school mascot
- 19. Remarkable idea
- 20. Confound it!
- 22. NORAD’s air sovereignty mission
- 23. Omen
- 27. Leading the race
- 29. Rapping Dr.
- 31. Atoll
- 32. B-1B
- 34. Eternity
- 35. Kowtow
- 37. “The ____ Identity” (2002)

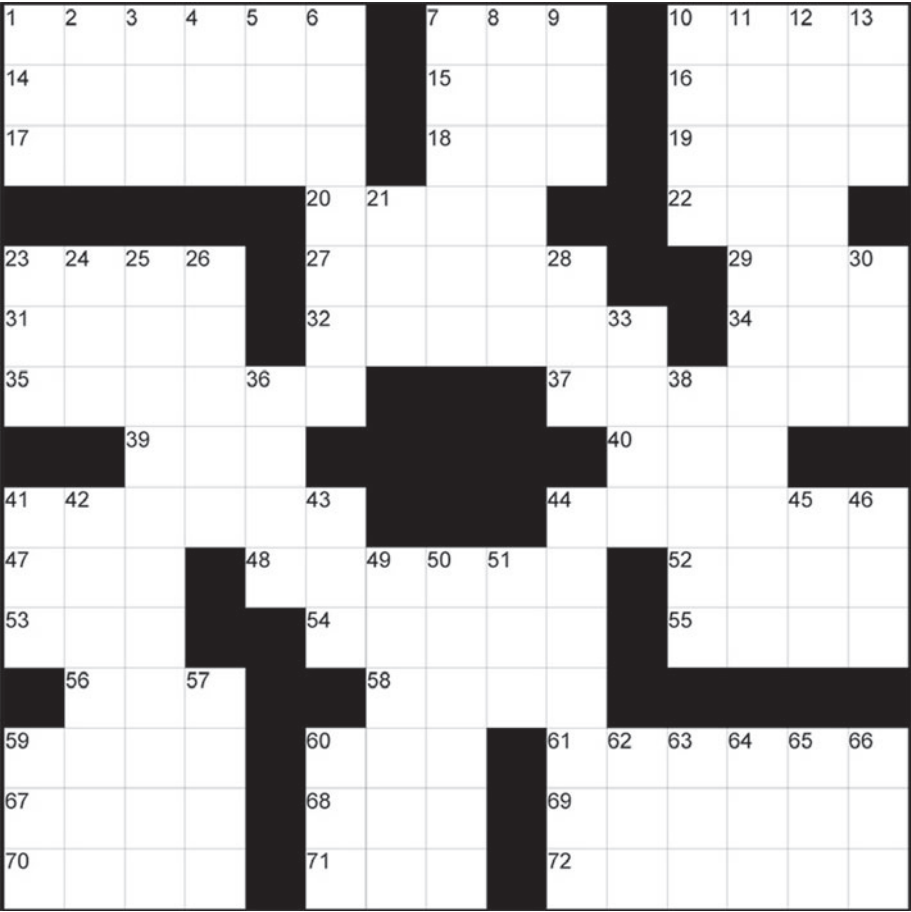


June 16 solutions

- 39. Wager
- 40. USAF enlistment enticement
- 41. Musicals
- 44. Dismissal order
- 47. Extremity
- 48. Produced in installments
- 52. Italian-born fashion designer Schiaparelli
- 53. Afternoon beverage in London
- 54. F-15C/D
- 55. Celebrity
- 56. CBS crime show
- 58. Blueprint
- 59. Panic Room actor Jared
- 60. JFACC tool to give signs, targets, controlling agencies, etc
- 61. U-2S ____ Lady
- 67. Biblical garden
- 68. Pigeon sound
- 69. Curtain call
- 70. “An Officer and a Gentleman” actor Richard
- 71. Workplaces for MDs
- 72. ____ out; finked on

DOWN

- 1. Draft org.
- 2. Leguminous plant
- 3. Football stat
- 4. Short path, in brief
- 5. Outrage
- 6. Base home to 325th FW
- 7. Gilmore Girls actress Graham
- 8. Distilled brandy
- 9. Military org. providing supplies and services worldwide
- 10. EC-130E Commando ____
- 11. A-10
- 12. Plane flap
- 13. “10 Things I Hate About ____”



- (1999)
- 21. Eureka!
- 23. ____ Sauer
- 24. RQ-1 and RQ-4 mission
- 25. C-17
- 26. “Tomorrow ____ Dies” (1997)
- 28. Young society woman, informally
- 30. Compass dir.
- 33. Thorny item
- 36. Greek letters
- 38. Prompts
- 41. Horse fodder
- 42. Antedate
- 43. Observe

- 44. Music magazine
- 45. Crypto org.
- 46. Hearing instrument
- 49. F-22A
- 50. Eskimo shelters
- 51. Pie ____ mode
- 57. Actress Skye
- 59. Appendage
- 60. Pilot with 5+ kills
- 62. Polymeric constituent of all living cells
- 63. Perform
- 64. “You ____ Served” (2004)
- 65. Mining goal
- 66. “The Big Easy” actor Beatty

SPORTS PAGE



PHOTOS BY AIRMAN 1ST CLASS DE-JUAN HALEY

Above: Amy Moore gives stretching instructions to Sarah DeHoop during a cheerleading class at the Youth Center June 16.

Below: Students stretch before starting class.

Bottom right: Tiffany Stathakis (left) and Soletia Chey freshen up on back flips during the class. The classes are open to military family members 18 months to 18 years-old.



Elmendorf offers Gymnastics

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Elmendorf family members 18-months to 18-years old now have another option for gymnastic and cheerleading classes.

The Elmendorf Youth Center is sponsoring several classes for various age groups and skill levels at the Youth Center Mondays, Wednesdays, Fridays and Saturdays from 10 a.m. to 8 p.m. depending on the class.

According to instructor Amy Moore, the children learn a variety of stretches and conditioning procedures which help them further their skills. These skills can make them stronger, healthier and give them more confidence.

"The purpose is to teach children their self-confidence and give them motivation for positive action. They learn to work together and to get along with each other," she said. "They also learn to put their talents together and see the positive in each other."

She added that these traits will be a constant benefit, especially to military children.

"Military people travel around the world, our bases are there to accommodate our missions and the families," she said. "In having these programs, it will keep our kids out of trouble and teach them to focus on themselves for the future."

The classes offered are gymnastics

and cheerleading, for those who are interested, and the skills learned can be applied to just about any sport, she said.

"I had a gym in Eagle River and we trained in tumbling, cheerleading, boxing, wrestling, and even home school programs for those needing PE during the day. You can take gymnastics and put it in almost any sport. For instance, soccer balls can be thrown into a game from the sidelines using a front handspring throw-in and you can toss a soccer ball up to 50-feet," said Moore.

Moore hopes to eventually expand the program into a full facility.

"My goal is to put together a training place that has things like a tumble track, pit systems all together in one area so all the kids could try this sport. The schools could take a field trip to the gym and learn about fitness. It would be a place for kids to perform for their parents when they come home from being away for so long," she said.

She added that some of the students will participate in various demonstrations, the first one taking place at the Arctic Thunder Air Show Aug. 12-13.

Moore said the children do not need a physical, but participants should be in good shape.

The cost for the program is between \$40-\$110 a month, depending on the child's skill level.

For more information, or to sign-up, contact the Youth Center at 552-2266.



Sport Shorts

Arctic Warrior Olympics

Volunteers are needed for the Arctic Warrior Olympics children's events.

Anyone interested in volunteering can contact Capt. Jennifer Aaron at 552-3451.

Volunteers are also needed for the push-up and sit-up competition.

Call Airman 1st Class Samantha Soran at 580-1401.

Canadian component golf tournament

The Elmendorf Canadian Component is hosting a golf tournament at the Eagle Glen Golf Course June 30. It is a four-person scramble with a 7 a.m. shotgun start.

The \$25 fee includes prizes, a meal and beverages.

For more information, or to register, call Capt. Derren Reck at 552-2293, Capt. Ted Livingston at 552-2294 or Debbie Davis at 552-5529.

Annual Elmendorf Triathlon

The Annual Elmendorf Triathlon is scheduled for Saturday. The race begins at 10 a.m. at the Ft. Richardson swimming pool.

For more information, call Staff Sgt. Stephen Boyd at 552-5353.

Outdoor Adventure Program

Hiking, biking, kayaking and rafting are a few of the adventures sponsored by the Outdoor Adventure Program. OAP is located inside the Outdoor Recreation building.

For more information, call 552-2023.

Spinning certification and continuing education class

The Fitness Center is hosting a spinning certification and continuing education class at 9 a.m. Sept. 23-24 in the spinning room.

Anyone interested can sign up at the spinning web site at www.spinning.com/instructors or call Matt Livingston at 552-3504

Gymnastics, cheerleading

Gymnastics and cheerleading classes are available for children 18 months and older at the Youth Center.

Instruction will be for beginners, intermediate and advanced levels. Prices range from \$40-\$110 a month depending on level of instruction.

All classes are one day a week. For more information, call the Youth Center at 552-2266.